The Ultimate Ice Cream Guide

How To Make You Own Ice Cream



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Foreword

This ebook is a collection of articles I have produced. You can see all the articles at here or you can also visit my blog at Writtentips.com.

Regard

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Chapter 1

Home made Ice Cream Recipe

How is ice cream like pizza? In a lot of ways actually. For one thing, both are almost universally loved. Both are the kind of food that children and teenagers will beg for on almost any occasion. Both start with a very basic recipe. And both can be almost endlessly new and different every day because anyone can create a new variation by just adding new ingredients to the core recipe.

To the core recipe of ice cream which includes vanilla, cream and sugar, you can take off and add just about any fruit, nuts, flavourings of a wide variety and lots of fun colours to make a unique ice cream that you can give a clever name to and call it your own. You can get fancy and learn to make variations on ice cream like sorbet, frozen yoghurt and sherbet, which can also be adapted and enhanced with hundreds of different flavour variations. You can make low fat ice cream, low calorie kinds or even ice cream for the lactose intolerant. It can be said fairly of ice cream that if you don't like it, stick around because someone will come up with a variation you will like.

Another similarity of pizza and ice cream is both can be made from scratch at home. You can get a home-made ice cream maker for under $40, which will enable you to make your own varieties of the sweet desert right on your own back porch. You can even create your own ice cream maker with little more than two coffee cans and a roll of duct tape if you want to turn making ice cream into a creative game. And each of these ways of making this favourite desert of many will result in a delicious type of ice cream. In fact, making ice cream at home can become so addictive that it can become a passion of the whole family with dad, mom and the kids coming home with new ideas to try out in the ice cream maker each week.

It is hard to pinpoint who "invented" the very first home-made recipe for ice cream. Some date it back to the 600 AD time frame in China and others give the credit to the Romans or to the chef of King Charges the First in England. The one thing that is certain is that when ice cream arrived in America in the very early years of our nation, it was here to stay. People were making it and selling it on the street in New York as early as 1776 and it has continue to grow and be big business ever since.

So whether your own recipe for ice cream is as basic as making it from the raw ingredients and churning up a batch for your next barbecue or just buying vanilla ice cream and putting out every topping under the sun, the outcome is the same. By making your own variation on ice cream, you join with lovers of the treat from centuries ago and around the world in enjoying one of life's simplest and most enjoyable pleasures, the basic bowl of home-made ice cream.

Chapter 2

Ice Cream History

Have you ever were sitting in the park on a warm summer day eating an ice cream cone and you

thought to yourself, "Hmm, I wonder how the world came to have ice cream"? Maybe not but ice cream has a pretty interesting history. We all know that it has been around since we were kids. But the actual invention of the ice cream recipe goes so far back into the history of the world that it is hard to say when ice cream was actually "invented".

The earliest documented history of a form of treat that used a combination of milk and ice dates as far back as King Tang in China who experimented with the treat around 618 AD. While that was not ice cream as we know it today, it is said that Marco Polo learned of the treat and brought it back to the western world with him. But that is the stuff of myth because there is no real historical documentation to back that up. It just makes a good story when you are having ice cream around the swimming pool after playing the pool game Marco Polo.

By hook or crook, the recipe for ice cream did catch on in Europe between 1600 and 1800 because there are cook books with variations on the method for making the treat that date to those dates in both England and France. In 1776, the very first ice cream parlour was opened in New York.

The invention of the hand-cranked churn by Nancy Johnson was the first break through that led to the ability to make ice cream in large enough quantities to sell it as a business. In 1847 her patent was bought by a kitchen wholesale supplier in Philadelphia and by 1851 the first mass production of ice cream when a diary farmer in Baltimore learned he could sell a lot more cream from his cows for higher prices by using it to make ice cream.

It wasn’t until the early 1900s when the ice cream cone was invented. The story goes that a fellow by the name of Italo Marchiony liked to sell ice cream on the streets of New York from his cart. But the problem arouse when people would walk off or break the glasses he served the treat in. So he invented the waffle cone to protect his dishes. It was a hit and he patented the waffle cone in 1903.

In 1926 the freezer was invented and that was the final breakthrough that made the mass production and retail sales of ice cream to take off with such intensity that there was an ice cream parlor on every corner and you could buy ice cream in the grocery store the way it is today. Today we can hardly think of the idea that there every was a time when ice cream was not as commonly available as milk or soda pop. It is a permanent part of our lives and our culture. And it is likely to stay that way for many more centuries as well.

Chapter 3

Antique Ice Cream Scoops

Kitchen implements make really fun collectors items particularly if you can find antique variations on them. Old salt and pepper shakers are very popular and a whole lot of people loves to collect them because they come in such a wide variation of styles that you can fill a museum with all kind of stuff that have been made and are still being made.

But, since this ebook is about ice cream, we are gonna talk about items related to ice cream.

An ice cream scoop is another kind of items that you could start to collect as a hobby. Collecting ancient ice cream scoops from antique shops and all kinds of places will get you a real feel for history just in this simple device designed to serve ice cream to eager children around the world for centuries before ours.

The fact that ice cream is being sold at the retail setting, goes back to early 20 th century. But before that when the way to make ice cream involved sitting around a churn making it on the farm, you still had to have a way to serve it. Very often even back on the farm, a customized scoop was created just for this purpose. Because old style churns made huge batches of ice cream in very deep canisters, the scoops form that era that are not antiques would be long handled and designed to bring out the treat from deep in the churn to serve to eager family members and friends.

You can probably use the same techniques to find antique scoops that people who hunt down antique silverware and other kitchen items use. Of course, estate sales are great places to find the really rare scoops that may have been part of someone's family for generations. Very often, a simple utility item like an ice cream scoop is not regarded as a treasured family heirloom. So those items will be sold at auctions or even given away to charities like Good Will or the Salvation Army just to clean out the extra kitchen instruments when a house is being cleaned out for sale.

To become an expert at locating those real finds in the hunt for antiques in the ice cream serving implement category, become a regular haunt at charity venues as well as at garage sales, flea markets and estate sales. Usually in a big lot of items to be sold in such a setting, the humble ice cream scoop gets very little notice and you can pic up a real find for next to nothing.

If you have an ice cream parlour, you can create a fun presentation showing the many old ice cream serving implements that you have found. You may be come an expert in the design and meaning of various styles of scoops down through history. Or you may just enjoy the spare-time activity of collecting these fun kitchen implements for your own pleasure. If so, there is no harm in that.

Chapter 4

Home made **Ice Cream Recipes**

The basic formula for making ice cream at home is not very complicated. The way home-made ice cream takes on its unique personality comes from either how it is made or what is added to the basic formula. For fun, you can actually turn the production of ice cream into a great game the kids can play at a birthday party. And when they are done, they can open up the makeshift "churn" and eat the ice cream with their birthday cake.

For starters you use the age old recipe for home-made ice cream that most people are familiar with which includes one pint of Half and Half, one and a half tsps of vanilla and a little over a third cup of sugar. Now this ice cream formula makes a very basic vanilla ice cream. You can add fruit, cookies, chocolate chips and all kinds of other items to produce the flavours you want. This is the fun part of making ice cream at home, you get to experiment with new flavours and variations on the basic recipe.

Now we will turn the actual churning into a birthday party game. Take a one-pound coffee can that you thoroughly washed and mix up the basic recipe we just described in it. Then seal the top and tape it with duct tape so it will not come open or leak under any conditions. Now put the small can inside a three-pound coffee can, also cleaned out thoroughly so you don't have the smell of coffee permeate your ice cream.

Fill the larger can with ice so it surrounds the smaller can. Now put the lid on the bigger can and seal it up just as tightly as you did with the smaller can. Now you have your make shift churn and the children at the party are your raw labor. Wrap the can in a towel and lay out a sheet on the floor just to be safe in case the cans open. Now the children can get down on the floor and roll that big can all over the place just as vigorously as they can. Cheer them on that they are making their own birthday ice cream treat. They will giggle because the can will be quite cold. But that is part of the fun.

After ten minutes, open both cans and take a look. If the ice cream is not perfect, seal everything up and give it another ten minutes of playful rolling on the ground. After you open it up again, the ice cream should be frozen to the sides of the can. This is a good game to play early in the party so you can put the finished product in the freezer to finish the job. But save up those coffee cans because you may want to get three or four cans going to have various flavours of ice cream to serve with the cake. The kids will love the flavour and they will go home with a story to tell that they made their own ice cream.

Chapter 5

How to Make Your Own Ice Cream

The art of making ice cream is one that has been around for centuries. It has changed since ancient times but the way we make it in modern culture is pretty much an unchanged process for many decades. Of course, to make ice cream at home, you are not going to recreate what the professionals do at the ice cream factories that produce thousands of gallons of ice cream to be sold in ice cream parlors and grocery stores every day.

The ice cream you make at home will not taste like the kind you buy at the store either. In many ways, it will be much better. For one thing, you will use fresh ingredients. The fruits or other additives you use to give your ice cream a unique taste will probably be very fresh which makes the ice cream taste great. But just making it yourself, is such a great experience that the ice cream you make will always taste better because one of the ingredients you add will be your own personal touch, your work, love and pride that all will affect how much you enjoy the finished product.

Of course, a good recipe is always a great start. There are an abundance of great ice cream recipes each of which will produce a unique ice cream with its own peculiar personality. If you have a recipe that has been handed down through your family, that will help you make ice cream that tastes "like grandma used to make". That connection to the past is one of the many reasons people love to make their own ice cream. But don't despair if you don’t have a family recipe because you can get one from friends, books or from the internet.

The ingredients of home-made ice cream are neither exotic nor expensive. To simply combine cream or milk with vanilla, eggs, salt and ice and put it all together in your ice cream maker is the heart of any ice cream formula. When first learning, you might do well to practice with just the basic ingredients until you are happy with the ice cream you are making. Then get fancy with the extra flavours and additives. Its all great fun and a great hobby so have a ball making lots of varieties of home-made ice cream.

Once the recipe is all together and you have loaded up the churn or ice cream machine with the ice and salt, you just activate the electric mechanism to churn the ice cream. Or if it is manual, turn that crank for about ten minutes to give the ice plenty of time and movement to freeze the ice cream in the smaller interior chamber. After about 10 minutes, stop and check the ice cream to see if its setting up. If not, go another 10 minutes.

After you have done the "hard labor", you should still plan to put the finished ice cream in the freezer for two or three hours to finish freezing into a wonderful frozen treat. The last instruction is the easiest one. Enjoy your ice cream and share it with family and friends. Then get busy planning your next big ice cream party using your skills at making tasty ice cream at home.

Chapter 6

Electric Ice Cream Maker

The reasons people get started making their own ice cream are many. For a lot of people it is the fun that compiling the ingredients and working the ice cream maker is and how it can become another great part of any family event. The memory of being on the farm with the aunts and uncle and grandparents and everybody having a role to play in making the ice cream with the old, hand-cranked churn is a strong one for a lot of adults. So by recreating that event with their own ice cream maker, it becomes part of the memories the kids will have of growing up too.

When you buy your ice cream maker to make this part of your family life become a reality, the choices are pretty broad. You can get a modern churn that looks somewhat like the old fashioned kind but you still work it on the porch with family members taking turns working the crank so the ice mixes with the ingredients inside to make great ice cream. There are old-fashioned models of ice cream makers that, although not old, look like throw backs to another time in history. And of course, finding an antique ice cream maker can really make the experience authentic. You might hesitate at using that unit because of its age. It makes a great display piece in the living room and a great conversation starter though.

There are also ice cream makers that are nothing like the old-fashioned kind at all. They are electric models that are fully automated. They look and perform very much like any other kitchen appliance. You compile the ingredients the same and put it all together. But when you plug it in and let it go, the gentle whirring sound lets you know it is churning the ice cream. It all happens in the kitchen so some of the ambiance of the family working on the ice cream on the porch is lost.

Whether or not to use an electric ice cream maker is a decision that you should make before making your purchase decision. There are some real advantages to going this route. For one thing, the churning action is consistent and continuous when it is being handled automatically. So the ice cream is made more efficiently. By letting the machine do the churning, you take much of the tedium out of the process. You don’t have to time how long to churn because the machine does that and it knows when to stop because it can gauge when the ice cream has "set up" inside the interior chamber.

The good news is that you don’t have to give up the atmosphere and the fun of having the whole family involved just because you want to get an ice cream maker that automates the churning. There are models made to look like the old-fashioned kind and models that can be operated on the porch. In most cases, that constant churning was something the family dreaded anyway. So by automating that part and combining the best of technology with the old-fashioned art of making your own ice cream, you get the best of both worlds.

Chapter 7

Cuisinart Ice Cream Maker

There is nothing like the fun of making ice cream at home to give your back yard barbecue that authentic old fashioned feel. But when you go to buy an ice cream maker, you will find that some

of the finest new models are far from primitive. A new ice cream maker can cost as little as $40 or be as expensive as $500 depending on how elaborate you want the features. While some of the most sophisticated models such as the ones sold by Cuisinart are pricey, the ice cream product you end up making will come out consistently good and of the perfect kind of quality that you want from your own ice cream.

A quality ice cream maker like the Cuisinart model is operated by electric motor and it uses rock salt to freeze the ice cream in the internal chamber in a consistent fashion. In a way, by moving away from the hand crank models of ice cream makers, you lose a little of that feel of sitting on the back porch at Grandma's farm turning that crank to make the ice cream set up inside of that old fashioned churn. But truthfully, the charm of the crank method pales when it is hard to get someone to sit on the back porch and turn the crank. And the gentle sound of the Cuisinart motor working away in the kitchen to make tonight's desert of delicious and very fresh ice cream can become a tradition of family gatherings as well.

Of course, the machine doesn’t make great ice cream. You make great ice cream but coming up with a delicious recipe that produces a rich blend each time. Now, if you invest in a good ice cream maker like a Cuisinart, you probably will develop dozens if not hundreds of ice cream variations that you can whip up in your home-made ice cream maker. Your core ingredients of cream, sugar, vanilla and maybe egg to make the ice cream rich and smooth will remain pretty much standard. But after you dump those basic building blocks of ice cream into the ice cream maker, you can then add your custom ingredients.

Just watching the fruit, nuts, chocolate chips or other wonderful flavours going into the ice cream maker can get your mouth watering for the finished product. So when you put the lid on the interior container and seal it up and plug it in, the anticipation alone is a big part of the fun. A quality ice cream maker like the Cuisinart model "knows" when the ice cream is ready because it can tell by the consistency of the blend in the interior chamber. You then take the ice cream out and slap back the hands that want a sample so the ice cream can then be put in the freezer for a few hours to come out and delight the entire family for desert that night.

A good ice cream maker will get plenty of work out making great ice creams at family events. Between events, if you are like many ice cream lovers, you will find yourself "playing" with new recipes and variations on the core ingredients to find new and fun ways to make ice cream that has your own personal stamp on it. But that is the fun of making ice cream at home and it is what makes buying a good quality ice cream maker a great investment in fine eating.

Chapter 8

Ice Cream Cone

For most of us, there is no more pleasant memory from childhood as when mom or dad took you and your brothers and sisters to get an ice cream cone at the local ice cream shop. There is something very exciting to a child to be able to pick a flavour or even a couple favours if they get to have a "double dipper" and then to see the server create those perfectly round scoops and deposit them on top of that thin sugar cone. It is a dentists nightmare but one of the nicest memories many of us have of a summer day in our childhood.

It got even more exciting when mom or dad brought home cones that they bought at the store along with ice cream in those bricks that they are sold in to make cones for desert one day. You can probably remember if you had a particular kind of cone you liked best. The classic flat bottom plain cone remains the favourite of many. But there are sugar cones and other variations that combined with so many flavours of ice cream make the simple ice cream cone a continuous surprise each time you have one.

Whoever invented the ice cream cone was clearly a person whose genius was in creating something so simple it was bound to be a universal favourite for children and adults alike. There are lots of ways to make an ice cream cone and none of them are wrong. But the concept of stacking a melting treat on a coned cookie so the one enjoying has to lick the treat as it melts and do so fast enough so it doesn’t melt on his or her hand is pure genius.

We all can relate to the experience of having a delicious cone in our hand on a hot summer day and walking down the street as it melted too fast onto your hand. The only real tragedy that can happen with an ice cream cone is if one of the scoops falls off onto the pavement or if it spills on your dress or pants. But ice cream is an inexpensive treat so you can easily get another cone if dad is in a good mood and he didn’t want to see you pout.

The joy of a kid when they come to understand that mom and dad are going to make ice cream cones at home is the sheer abundance. At the ice cream parlor, you can really only have one, which means you have to think carefully about your choices. At home, the choices are fewer but you can have as much as you want. Either way, the experience of having a cone is a great memory for parents and children alike. And it is a memory we don’t have to wait long to repeat because you or I can go get a fresh ice cream cone right now if we want to. Sounds pretty good, doesn't it?

Chapter 9

Fried Ice Cream Recipe

When you first heard of fried ice cream, you probably thought, "That's crazy!" After all, how can you fry something that is cold? You would think that it would melt before it could ever be served. But when you first tried fried ice cream, probably in a Mexican restaurant as that seems to be where they are served the most, it's an amazing experience. They really can fry the ice cream so the outside is hot and fried and inside is nice, cold ice cream. What melting there is oozes into the crust, which makes them even tastier.

Now it is possible to make fried ice cream at home. Just think of the fun of serving this treat at a special dinner and hearing the amazed expressions of "Wow" and "This is great" all directed at you for pulling off this exciting desert. It isn't that hard but it will take some preparation. So get all the stuff together well in advance so you can prepare the treat as early as the morning before the dinner. Then you will be completely ready to serve when you want to spring your surprise on your family and friends.

It all starts with the ice cream. Vanilla is a good choice although you can play with flavours as you get experienced with this desert. Use a standard ice cream scoop that you can create completely round ice cream balls with. You might have to practice with the scoop to make perfectly round balls by rolling the ice cream when you scoop it. Using a cookie sheet, scoop out 8-12 ice cream balls. Put them immediately into the freezer to become solid in that shape. This is important because freezing works differently for a small ball of ice cream than when it is in the tub and you want the ice cream tube very hard when you are ready to fry it.

Let the ice cream balls freeze for at least an hour before the next step. Now you know why we had you start early. Now in a medium sized bowl, combine three cups of corn flakes and crush them into tiny pieces for the coating. Combine the flakes with a teaspoon of ground cinnamon. Now in a separate bowl, break three eggs and whip them until the yokes are blended with the whites. Now take out the ice cream balls and dip them into the egg mixture and then cover the ice cream with the corn flake coating. Get them completely coated and return them to the cookie tray and freeze it all

for another 3 hours.

When it is time to make the desert, prepare your fryer with cooking oil. Using a frying basket, dip a few ice cream balls at a time into the hot oil. Cook them for no more than fifteen seconds. Do them all quickly so there isn’t much time from when you start to when you serve. Now put them all on a serving dish. Cover them with whipped cream and drizzle some honey over them and top with a cherry. Then serve your guests and just wait for the "Wows" to come rolling in.

Chapter 10

Home made Vanilla Ice Cream

You would be hard pressed to find anyone who doesn’t like vanilla ice cream. It is such a wholesome treat that has always been a big part of family life that its hard to imagine any home that doesn’t have a carton of ice cream in the freezer at all times for whenever an occasion comes up where sharing a small dip of ice cream is the perfect snack to made times of conversation special and fun.

If there was going to be any way to improve ice cream, making it yourself at home is the way to do it. And if there were any criticism anyone would have about ice cream, it would have to be that it is based on sugar and heavy cream so it really is not a health conscious type of treat. So we would like to submit a healthy way to make vanilla ice cream at home that is just as delicious as the kind you buy in the store. But by taking the time to make ice cream that does not introduce more fat to the diets of your loved ones, you retain the great social aspect of ice cream while reducing its impact on the heart and weight of your family.

The first step is to take three eggs and separate the yokes from the whites. A standard egg separator device is always good for this chore. First, beat the yokes manually in a small bowl until they are blended and then slowly add a half cup of honey and beat the yokes and honey together into a thick sauce. Now take the white of the eggs and put them into a larger bowl and beat them manually also. The egg whites will become stiff as you beat them and when that happens, then add the honey and egg yokes mixture to the whites and mix them together.

Put this mixture into a medium saucepan and add four cups of light cream. Cook this mixture together on medium heat for fifteen minutes stirring all the time to keep any of the blend from sticking to the bottom of the pan. The last step is to add two teaspoons of vanilla extract and mix that in. Now the home-made healthy ice cream is ready to freeze. You can use a routine ice cream machine to freeze the mixture or you can just freeze it directly in the freezer. If you do put it up to freeze without movement, take it out every hour or so and stir the ice cream as it cools for the first 2-3 hours. After that, let it freeze all the way into a nice creamy solid ice cream.

If you let it freeze over night to be ready by the next day's dinner, you will have a delicious natural

ice cream treat that will have everyone saying "Wow, what a great recipe". You can decide whether to tell your family it is sugar free and much healthier than regular ice cream. Or you can just relax and enjoy how much they like your secret recipe for homemade ice cream and celebrate quietly that you are also taking good care of your family's health even while making them special treats.

Chapter 11

Ice Cream Cake Recipes

If you ever have had ice cream cake, it is a taste treat that you will want to have again over and over. Ice cream all by itself is such a delicious desert that it really doesn't need any help. But then to layer a delicious flavour of ice cream between layers of flakey cake and allow the two flavors to melt together into one taste explosion almost seems sinful it is so good.

Most of us think that if we are going to get to try a new variation on ice cream cake, it has to happen in a restaurant or if you can buy one already made up at the grocery store. But it really isn't that difficult to make a custom ice cream cake. In fact, it is pretty fun to do. And once you get started making this treat for friends or family, you will probably look for every opportunity to make it often.

The tricky part of making ice cream cake is to get the ice cream soft enough to mold into the cake but not to the point that it is melting. So don't put the ice cream out and forget about it for an hour. Keep an eye on it and time it so you know when it is at that perfect level of softness. Time it because you can remember that value when you make the ice cream cake again.

The actual making of the cake is just a simple layering technique. You will start with a completed cake so if you want to make one yourself, do that before you get the ice cream out to melt. Have both of them ready to put it together in a deep bowl so you can do several layers. Cut the cake into chunks perhaps an inch tall and several inches wide. You can play with the sizes of cake that work best for you as you make more ice cream cakes. Make a layer of cake in the bottom of the bowl.

Now make a layer of ice cream about the same thickness on top of the cake. If the ice cream is just the right level of softness, it can be moulded like play dough. Then just keep repeating the layers of cake and ice cream, cake and ice cream until the bowl is full. Always let cake be the top layer so you can add a sundae topping or icing depending on your tastes. Now jut freeze the cake several hours before you are ready to serve it and you have an ice cream cake just as good as any you might order in a restaurant.

Chapter 12

Ice Cream Cone Cupcakes

Have you ever stopped while eating an ice cream cone and just thought about how great the cone by itself tastes? The genius of the simple ice cream cone is both the frozen desert and the cone are treats in their own right. But there is a recipe that lets you really bring out the flavour of the cone without getting ice cream involved in the process at all. It is an ice cream cone cupcake and it is pretty easy to make.

Probably the best cones to use for this kind of treat are the flat bottomed kind. You can buy them in the store and get a dozen or two of them for a small price tag. But while you are there, think of what kind of cake would taste good along with that cone. We are going to combine the two tastes. Do the same when you buy the frosting you will use for this unique treat.

When you get home, get out your cupcake pans and put one ice cream cone in each cup of the pan. They will fit perfectly with the flared out part of the cone standing above the pan. Next mix up the batter for the cake mix and preheat the oven to the level needed to bake cupcakes. Usually that level is around 350. When the batter is ready, just pour a small amount into each cone until it is about half full. No need to fill them up because the cupcakes will rise.

Now you just cook them like you would any other kind of cupcake. That delicious cake will set up inside that delicious cone and become one taste treat. When you take them out of the oven, if you can leave them alone and not give in to the temptation to eat one hot, let them cool so you can add the icing. When they are done and ready to serve, you can put them in a serving dish standing there perfectly shaped on the flat part of the cone.

The happy sounds you will hear when you bring out those cupcakes made up in an ice cream cone shell will give you a lot of pleasure. It is such an unexpected surprise that be fully prepared for all of the cones you made up to be eaten up fast. In fact, you might be prepared with extra cones and batter and make up more because it is going to be a fast moving treat. And when you get that good of a reception of a new desert, it will become one of your "standards" for birthday parties, pot lucks at church or just to surprise the family with every so often after dinner.

Chapter 13

Ice Cream Cone Cupcake Pan

We all know how wonderful the cone part of an ice cream cone is when it is used in its natural setting, which is to be part of the treat that an ice cream cone is for kids as well as adults. Whether you like the sugar cone, the traditional waffle cone or another variation, that shaped "cookie" is almost as delicious as the ice cream that is on top of it. In fact, if you stock the cones at home don't

be surprised that some cones disappear as the kids get into eating them even without ice cream just because they are that delicious.

The fact that the cones themselves are so tasty means that when you combine those delightful cones with a good cupcake pan and a few recipes, you can come up with some wonderful and colourful treats that fit many festive occasions. The cones hold up to a baking cycle nicely so they can be used to become a shell for a cupcake that replaces the paper wrapping that is traditional with that desert.

The recipe is simple. You take a cupcake pan and put one cone in each pan. Now there are specialized pans that are made to work with ice cream cones but even an ordinary cupcake pan will do. After mixing up the cupcake batter, you just fill each cone to just below the flared out part. The top of the cone will become filled with cupcake during the baking and rising process. Then you bake the cupcake cones following the same instructions as you would with normal cupcakes.

This recipe by itself is a delight but there are tons of ways you can use the cupcake in a cone for decoration for lots of different events. You can cover the top with brown icing and then insert short plastic candy daises and other colourful flowers to create a bouquet that looks like it is in a pot of soil. But the pot is cupcake and the flower candy so every part of that table decoration can be eaten.

The roundness of the top of a cupcake in an ice cream cone offers the chance to transform it into a great Halloween decoration By covering the entire cupcake, cone included, with orange icing, it can become a miniature version of pumpkin. Now fashion eyes, a nose and a big grin with green or white icing to put on the rounded top and you have the perfect cake version of a jack-o-lantern that makes a great treat to give out at the door or to have at a Halloween party.

These are just a couple of the creative ways you can adapt the fun combination of ice cream cone and cupcake using your standard cupcake pan. By varying the colour and flavors of the cake inside, that opens up lots of variety and ways you can use these fun and interesting little treats to all kinds of celebrations and parties. And since the ideas of ways to adapt these small cupcake cones to occasions is limitless, this a recipe that will get lots of use in your kitchen throughout the year.

Chapter 14

Ice Cream Cone Dispenser

When I was raising my son, one of our father and son rituals was to take a road trip a couple times a year. When he was a little guy, he often wanted to stop at eat one of those all you can eat buffet restaurants because there was so much to choose from to eat. I knew he just wanted to get to the desert bar but I made him eat at least a little good food first before loading up on all the goodies. But one little memory that always stands out about those experiences was how fun it was to go to the ice cream dispenser and take the cone from one of those dispensers and let that soft ice cream

fill the cone for your desert.

There is something very fun about being able to take a cone and serve yourself a desert that has as much ice cream on it as you can handle. I also remember both my son and I getting a kick out of that cone dispenser next to the soft ice cream machine. It worked a lot like a Dixie cup dispenser where the cones filled a long metal tube with a thin "window" down the side so you could see how many cones were still in there. The next cone to be served stuck out the bottom so you pulled on the bottom and the cone came free. The mechanism caused the remaining cones to push down and be available to the next customers in line.

Pulling that cone out was all part of the fun of that kind of restaurant. You can probably think of times when you saw that kind of dispenser too either in a similar kind of restaurant or in an ice cream store where the employees used them to keep the cones in one place, neat and clean. So if you took an interest in these efficient dispensers, you can find them for the home rather easily.

If you love ice cream at home, it can be a lot of fun to have a cone dispenser right there in the kitchen, mounted and loaded up with your favourite cones. You can even get one that has several tubes so you can have one for waffle cones, another for sugar cones and others for any other variations on cone design. Then you can easily pull a cone out and dip some ice cream to enjoy any time day or night.

Restaurant supply companies sell these devices although generally not to the public. So like anything else that is unusual but hard to buy, you might have to go to Amazon or some other internet sales web site. Amazon does have this kind of inventory to very good prices. So, what are you waiting for? Visit Amazon today and you can find yourself putting up your very own cone disperser in your own home. And if that doesn't take your love of ice cream and kick it to the next level, I don't know what will.

Chapter 15

Ice Cream Flavour List

Most of us have our favourite flavour of ice cream. For me, I can always be happy with good old

vanilla or chocolate chip. But every so often, I do get bold and have a scoop of cookie dough or almond fudge ice cream. It is no secret that the favourite ice cream flavors most people buy the most are vanilla, chocolate, strawberry and chocolate chip. But any trip to the ice cream store will reveal that there are more flavors of ice cream for you to try than you could reasonably get to. But it is sure fun to try.

One of the fun things about taking the family to the ice cream shop is to give them the chance to look at all of the amazing flavors that the shop has to offer. Its fun to go when the crowds are not big so you can have the attention of the server to look at all of the flavors at your leisure. In fact, some ice cream shops will let you taste different flavors with cute little spoons so you can almost get full just sampling the amazing variety of flavors that are there for you to choose from.

If you are an ice cream "nut" like many of us are, a fun hobby is to go to the ice cream shop often and try a different flavour each week. Most ice cream shops have to rotate the flavors because the people that supply them have more flavors to offer than they can possibly stock at one time. That is why you have to go back often and keep track of what you have tried so you can keep expanding your horizons and trying new flavors.

If you tried to compile a list of all the ice cream flavors that have ever been invented, you would be in for a losing effort because by the time you got the list completed of all the known flavors, if that is even possible, many more would have been invented for you to add to your list. But why drive yourself crazy? Just get out there and try all kinds of flavors and find out which ones are great and which ones just don’t appeal to you at all.

Some ice cream shops make it their speciality to offer a diverse and unique variety of flavors and to have new flavors for you to try each week. Baskin Robbins brags that they have 101 flavors. They put it right on their sign. They probably are being modest. They may have many hundreds of flavors that they have offered over the years but some have come and gone from popularity.

Trying new flavors of ice cream makes for a great and inexpensive date. And if you think you have covered the ice cream flavour universe, then you can mix things up by mixing them in a multi-scoop cone, a sundae or a banana split. Add in all the toppings you can use and you are in for a lifetime of flavors just trying combinations and finding new ways to enjoy your favourite "simple" desert at your favourite ice cream shop in town.

Chapter 16

Ice Cream Recipe

The real fun of making it a hobby to make homemade ice cream is to come up with as many delicious and unique recipes as you can so you can constantly be reinventing the process of making ice cream. The basic ingredients of ice cream are not very exotic. They include approximately one

pint of Half and Half or heavy cream, one to one and a half teaspoon of vanilla and a third cup of sugar, more or less. You can vary each ingredient to get the taste you like. And for extra rich ice cream, an egg mixed in with the recipe is a nice touch.

This is the basic core formula for good ice cream. But for great ice cream, it is all the variations of flavors and additives and methods of making the ice cream unique that makes this desert so endlessly fun to discover over and over again. You may remember that your grandmother had a particular twist on ice cream that gave it a unique touch of flavour that nobody else could reproduce. Well, lots of grandmas have that kind of extra touch so if you can go on a quest to find these many different recipes for your ice cream experimentation pleasure, you will stay plenty busy learning the different approaches and trying them all out.

One great place to find these old recipes are small town churches at their annual fund-raiser bake sale. Now, just going to small towns to find small church fund-raisers can be a great hobby all by itself. And if you find a bake sale or a church picnic to attend, you not only will eat like you never ate before, they will treat you like royalty because they will think you are thinking of joining their church. The fund-raisers are often for the youth group to get a new facility or something to help out the young people of the town so you should have no problem making a little contribution to the cause.

But keep your eyes open for the sale of a church produced cookbook. This is a very common method churches use to raise money because they ask all the moms and grandmas it the church to contribute their favourite recipes and they compile that into a book and sell it for their youth group fund raiser. When you see such recipe books on sale, snap them up. You will commonly find the best homemade ice cream recipes there are tucked away in little towns all around the country.

In a way using these recipes takes you back to what the real charm of ice cream always was because it was always a family treat that brought out the best of farm living. These recipes will be real treasures that will give your ice cream those unique "down home" tastes. You not only will have a great tasting ice cream but a good story to go with each new taste you try out on your friends and family as well.

Chapter 17

Ice Cream Recipe Vanilla

Ice cream is not expensive. But even if you have a gallon of ice cream in the freezer at home, there is something fun about making it yourself that appeals to the experimenter in all of us. Did you know there is a way to get kids in on the act so they can make a single serving of vanilla ice cream and do all the work themselves? This is a terrific after school activity that gives the kids a chance to have fun making ice cream for themselves and not make so much that it becomes a storage issue. The steps are amazing because they are so simple.

To prepare for the craft, get a large and a small zip lock bag for each kid that will make his or her own ice cream. Now get out the vanilla extract, sugar, some whole milk or cream, salt and plenty of cubed ice. Give each kid a small zip lock bag first. Let them know that this bag will be their ice cream maker so to make sure not to break it or tear it as you add the ingredients.

To each bag, add one cup of milk, one to two teaspoons of vanilla extract and two to three teaspoons of sugar. Now close up each small bag very securely so they cannot break open. This might be a situation where you buy the extra strong zip lock bags at the grocery store or you can secure the tops of the zip lock bags with duct tape or staples so they will not open up or leak. Have the kids put those bags carefully aside for a moment. You might have bowls handy to hold the small bags so they don't roll over onto their tops while you prepare the big bags.

Spread the ice cubes out on a big cookie sheet and let the kids sprinkle the salt all over the ice cubes so they get covered. Use a spatula to turn the cubes. Having a separate salt shaker for each kid can make the craft even more fun. If they ask why they are doing this, the reason is the salt helps the ice all stay the same temperature. Now each kid gets a big zip lock that they can fill about a quarter of the way up with salted ice. Each experimenter will put their ice cream mix into the big bag. Fill the big bags the rest of the way with ice so the small bags are surrounded by ice. Add more salt some fell off. Now seal the big bags so they will not open up.

Time for the ice cream dance. Put some popular music on and have the kids shake their ice cream makers for 10 minutes. The music is so they can dance and shake for the entire time. You will have to work them into a dancing frenzy to keep them shaking the bags vigorously but kids love to be worked into a frenzy so that wont be hard. After 10 minutes, open the bags up and test the ice cream.

If it is too soft, close everything up and dance for another 10 minutes. When you are done, each kid will have a small zip lock bag full of the most delicious ice cream they ever had. It will taste wonderful to them because they made it themselves. But stock up on lots of bags and other ingredients because this is a craft the kids will want to do a lot.

Chapter 18

Ice Cream Sandwich Cake

If you have a pot luck to go to and you need a very original desert to bring, using ice cream sandwiches as part of a frozen desert is exceptionally easy to make and it will be the hit of the party. It is almost shameful to have a recipe like this in your kitchen. The process of making this cake is so easy that you will blush when people go wild at the event and you see your cake disappear first. But it is a perfect desert to be able to put together in just a few moments and put up in the freezer when you head off to work. When you get home, it is ready and you have a desert that will be the talk of the dinner after almost no effort on your part.

To start with, buy sixteen to twenty four ice cream sandwiches at the grocery store or ice cream shop. You can get the mini sandwiches if you want because they accommodate the way people will eat your cake but any kind will do. You can even go with ice cream sandwiches that have a nutty mixture in the cake part as long as you use the same kind for the whole pie. You will also need a generous amount of whipped cream, some fudge topping that you can spread and a candy bar or two of your flavour choice.

Before getting too far in the preparation, take the fudge out and warm it so it is easy to spread. You might give that process about 20 minutes before you take the ice cream sandwiches out of the freezer because you don't want there to be too much melting during preparation. You can use that time to make sure there is room in your freezer for a large baking dish that you will use for the cake. If you put the baking dish in the freezer for a half hour before preparation, that will help keep the ice cream cold as you prepare the cake.

Now just lay the baking dish on a table or the counter for compiling the cake. Take the ice cream sandwiches out of their wrappers and lay them in the rectangular pan in orderly rows with no gaps between them. The cake part on top will become one continuous layer. Now take the hot fudge and spread it over the top of all of the ice cream bars with the fudge. Caramel works well for this cake as well. Add a layer of whipped cream and make that all nice and flat. Now repeat with another row of ice cream bars, fudge and whipped cream. To top it off, crumble up the candy bar so tiny pieces adorn the top of the cake. Fro a little colour, grate up some M&Ms to cover the top.

Put the cake in the freezer for several hours so the entire recipe freezes together and you are ready to serve. The people enjoying the cake will dig down into the layers and bring out pieces of all of the ingredients. The flavors of the caramel or fudge with the vanilla ice cream, the candy bar and the sandwich cake will make your desert the hit of the event. You don't have to tell anyone how easy that was to put together. It can be our secret.

Chapter 19

Ice Cream Sundae

If you were going to think of the "big three" ways of ordering ice cream at your local ice cream parlor, they would almost always include the ice cream cone, the banana split and the ice cream sundae. The sundae has been a favourite for such a long time that there are variations on the story of its creation and myths of how long it has been along. But when you consider that an ice cream sundae is really little more than a scoop of your favourite ice cream with two or three of your favourite toppings on it, people had probably been making ice cream sundaes for centuries before someone put a name on it to make the recipe popular.

The original ice cream sundae is the basic variation that has not changed over the decades. That recipe called for a scoop or two of ice cream topped with nuts, whipped cream and a cherry. Since the beginning of the treat, lots of variations have been added including adding chocolate or caramel

syrup, strawberries, chocolate chips or butterscotch. The varieties of ways you can have a sundae prepared can mean you might never have to have the same sundae twice. But for most of us, we have our favourite blend and we stick with it because the familiarity of those delicious flavors together is what makes an ice cream sundae so great.

The lore of how we got the ice cream sundae is a fun as the treat itself. The say that the desert was invented in Two Rivers, Wisconsin and it was named because it was an ice cream treat that was deemed acceptable to serve on Sunday. According to the lore of the history of the sundae, ice cream sodas were considered too "sinful" to prepare on the day of rest but the sundae was the perfect refreshing treat to have on a Sunday afternoon.

The spelling of the word "sundae" has its own background story as well. One theory is that the word was changed to honour a glass dishes salesman who donated canoe shaped glass bowls to the city of Two Rivers to be used exclusively for this treat. The y in Sunday was changed to an e to make the word look like the word "canoe" as a tribute to that gift. Another theory is that the word was changed to make sure you knew that when you listed ice cream sundae on your advertisements, you were talking about the desert and not the day, "Sunday".

Its fun to know some lore and stories about the history of your favourite ice cream treat. The stories can make good table talk the next time you go to the ice cream parlor and order a sundae. But whether you know the stories or not, you can certainly enjoy this traditional ice cream treat any day of the week and come back for more the next day, even on Sunday if you want to.

Chapter 20

Peach Ice Cream Recipe

The combined flavour of homemade ice cream and peaches is one that is hard to top. One of the fun things about making your own ice cream is to be able to blend different flavors right into the mixture as the ice cream is being churned. Unlike buying flavoured ice creams, when you make your own fruit flavoured ice creams, you know for a fact that the fruit you mix in with the other ingredients is absolutely pure and absolutely fresh. And since most homemade ice cream is eaten within a day after it is made, you get that taste of very fresh fruit mixed with your ice cream that no ice cream you buy at the store can possibly compete with.

There are times of the year when peaches are just ripening that you can go to a local orchard and harvest them right off the tree. That is the time to make up your homemade ice cream using these peaches that could not be fresher. The flavour of the peaches is so active at that time that they are almost unrecognisable from the flavour of peaches from the supermarket. So if you get home from picking peaches and get busy putting together the standard ingredients for homemade ice cream to mix up in your ice cream machine, you can add peaches as the ice cream is being made so they freeze right into the mixture for a wonderful taste treat.

The two best ways to add the taste of fresh peaches to your ice cream is chunky and creamy. The easy way is to just cut and clean the peaches and perhaps skin them. Cut the peaches into bite-sized pieces. Then mix up the ice cream in your churn or ice cream machine. During the process of mixing, add in the cut peaches and let them churn into the mix. They will disperse throughout the mixture and some of the pieces will blend into the recipe to give all of the ice cream a wonderful peach flavour. But when the homemade ice cream is done and you serve it, the frozen peaches will be part of the ice cream so each bite will bring an explosion of peach flavour with each chunk you enjoy.

You can achieve the same flavour but make the ice cream even more permeated with the flavour of peach by putting the skinned peaches into the food processor and blending them into a paste. Add that to the ice cream that is being prepared for churning and close up the ice cream machine and let it do its work. When you take out the finished ice cream, it will have a rich peach colour and the aroma of peach will fill the room. It will be hard to leave the soft ice cream alone to let it finish in the freezer. But it will be worth it because your peach ice cream will have a flavour that can't be beat.

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Take Care!

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